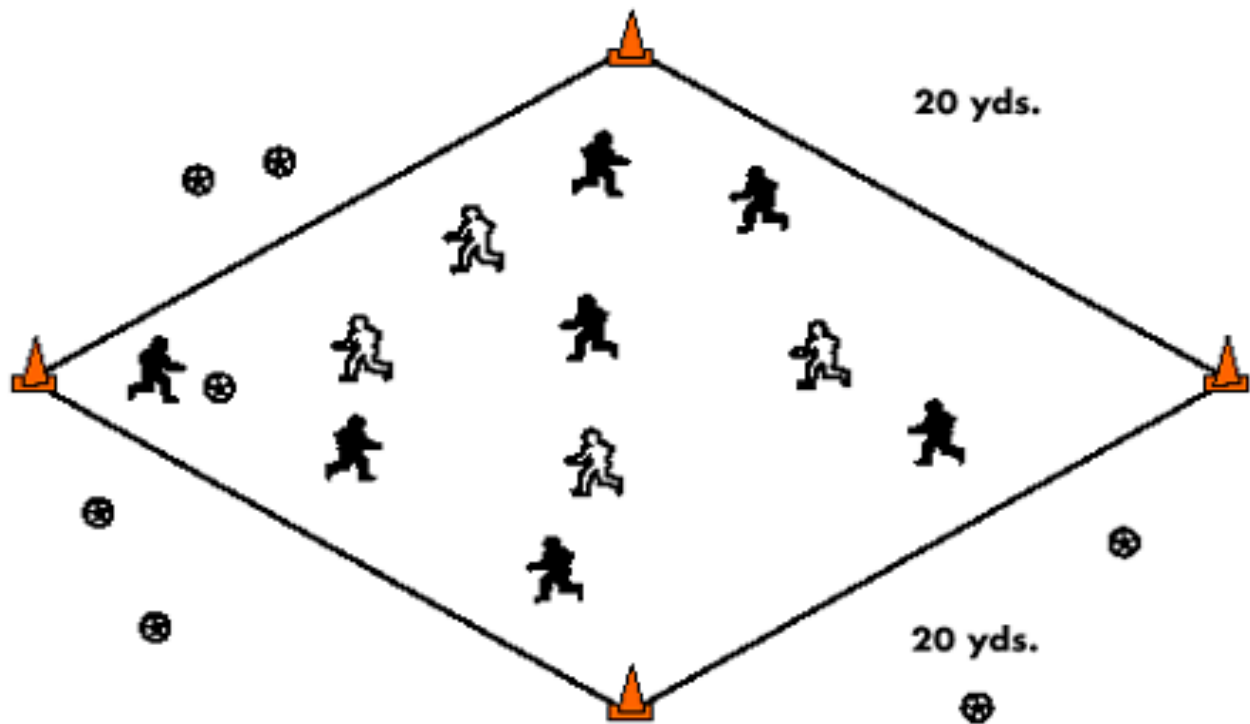


Seven vs. Four Escape



Introduction

Sometimes, it may seem to your kids as if everyone they know is pressuring them to use tobacco. In fact, they would probably be surprised to learn that, on average, less than one out of every four people smoke cigarettes. Even if it seems like all their friends are smoking, they can beat the odds and stay tobacco-free. Here's an activity to show them that even when they may be outnumbered, they can still triumph.

The Game

1. Seven players try to possess the ball. 15 passes equal a goal.
2. Four players are collectively trying to gain possession and get the ball out of the space.
3. One point is awarded each time they get it out. A total of three points wins the game.

Coaching points

1. General fitness.
2. Ball control.
3. Anticipating and intercepting passes.

Activity adapted from Centers for Disease Control & Prevention's Smoke Free Soccer Coach's Manual. For more information on Tobacco Free Sports please contact the Kansas Department of Health & Environment's Tobacco Use Prevention Program at tobacco@kdhe.state.ks.us or 877.602.0368.